

OLYMPICS 2012

THEY'VE ARRIVED

Everybody run for the hills!



INSIDE

**LAST MINUTE
SURVIVAL GUIDE**

FROM PAGE 4

Brian Cox tells us why he's returning to the classroom



Inside



Torch relay heads home

As the 2012 flame hits Stratford, we capture its journey through the host boroughs **P12 / 53**



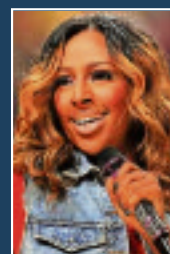
Missing the congestion

How Water Chariots are putting 2012 Tube travel in the shade **P56**

Plus

Live events to mark arrival of the Games

P54



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WEATHER

27C TODAY
Sunny

26C FRIDAY
Showers

19C SATURDAY
Partly cloudy

17C SUNDAY
Cloudy

18C MONDAY
Mostly cloudy



TRAVEL

TUBE & DLR
DLR and Jubilee line have no maintenance but will come under significant pressure from Olympic travellers. See page 6 for details.

ROADS
Greenwich Park is closed until October. Most roads face the prospect of major congestion.

Don't even
THINK of going
home until
4.30pm
when you can
check our
daily travel
update

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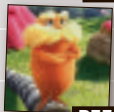
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ESTABLISHED 1998

Agenda

Why I don't belong to any known tribe

I'm fed up of lifestyle features trying to assign me to a "tribe". Articles name eight natty titled groups I could belong to, all with lists of distinguishing attributes and habits.

"Do you eat organic, local produce, have two children named Petunia and Marmaduke, and are you having an affair with your tennis coach/pilates instructor/kids' teacher (delete as applicable)? Then, congratulations: You're a stereotype."

I don't wake every morning and wonder if I'm an Up-cycler or a Yoga-Bunny? As I board the Tube to work I don't ponder on which marketing sub-group I'd nicely slot into.

BLONDE'S EYE VIEW



ANGELA
CLARKE

But the magazines won't listen. They want me to conform. They are the prison warden and I'm being press-ganged into an orange jumpsuit. It's so not my colour.

Look the part, play the part, be the part, they preach: you are a Suburbanite.

Classification's not new. We've already had Hooray Henrys, Yuppies, Yummy Mummies and Bankers (they get their own special tick box on the naughty step).

Magazines deploy checklists of routines and socio-economic shopping hotspots to help us identify our place in society. The main reason

I hate these silly reductive articles is they're wrong.

You can't split the entire human race into eight groups. That's ridiculous. You can split them into two: those who would do a triathlon and those who would go to a festival (camping is optional). Honestly, it works.

Ask your partner, your mates, people on the bus: would you throw yourself down a mountain with only a bike for protection, or would you dance in a tent to two Cornish blokes and some spoons?

That's it. That tells you everything you need to know.

Reuters' view



The sun finally comes to Stratford – albeit briefly – and the flowers planted to blossom in time for the Olympic Games follow the timetable immaculately

A week
in photos
Page 60

60 Second News

Preparing for the Games

As the Olympics finally arrive, we look at how Wharfers are preparing for the trial ahead.

Pages 4-5

Guide to travel hotspots

Check out our graphic guide to how key Wharf train stations will be affected by Olympic traffic.

Page 6

Pleasure Gardens return

After the fiasco of the Bloc festival, London Pleasure Gardens has put its toe back in the water of events.

Page 7

Hitman caught on CCTV

Police have released dramatic CCTV footage of a suspect hitman in Canary Wharf station.

Page 8



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Crossword puzzle,
Sudoku and your
horoscope **P61**

Corrections & Clarifications

At *The Wharf*, we pride ourselves in journalism that is honest, accurate and fair.

Our journalists adhere to the Editors Code of Practice, which sets the benchmark for high professional standards and is enforced by the Press Complaints Commission. If we do slip up, we promise to set the record straight on this page in a clear, no-nonsense manner.

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Cox lights spark of scientific intrigue

EDUCATION

TV star tells **Giles Broadbent** why going back to school is essential for the economy

The sun was shining, the classrooms shut, exams over and youngsters in Tower Hamlets had decided how best they wanted to spend the first days of the treasured summer holiday.

With the prospect of challenging some of the best science brains in Britain, they returned to St Paul's Way Trust School on Friday for an innovative summer conference, hosted by TV presenter and particle physicist Brian Cox.

For Prof Cox, the summer school was the ideal way to promote his own campaign which also doubled as his headline for the summer school – Making Britain The Place To Do Science.

His campaign is aimed at prompting the Government to invest in the science sector as well as finding and inspiring the “raw materials” – the future scientists.

Run with sponsorship from reinsurers, and school partner, Catlin Group, and using the drive of energetic East End social entrepreneur Lord Mawson, the school aims to help seed the Lower Lee Valley's revival as a centre for science and innovation.

Prof Cox told *The Wharf* he had visited the school previously to open

the Faraday Science Centre there. “I was genuinely impressed by what this school was doing because it fits in with something I have been trying to promote for a long time which is that science and engineering and, more broadly, knowledge-based industry, is the foundation of our economy.

“This is an example of a school that was doing something I hadn't thought of but which is obvious once you see it in action – by focussing on science here they've raised the numeracy and literacy levels.

“They've transformed not only the school and the chances of these students but they've also transformed the area as well. These places should be little centres of excellence that start spreading influence out into a community.

“Of course it's true that if you're looking for the best scientists in any area then it's ridiculous to look just in, say, Chelsea. One of the main indicators of whether you went to university is if your mother and father went to university. That's silly.”

The school took the form of a series



Prof Brian Cox shows pupils an illuminating experiment at St Paul's

W Why are you in Tower Hamlets?

“I was genuinely impressed by what this school was doing because it fits in with something I've been trying to promote.”

Prof Brian Cox

of 18 minute mini-lectures – the first by Prof Cox himself – offering an appetising array of sciences on offer. Prof Cox told the pupils that in a few years' time they could be working at the cutting edge.

Speakers included polar explorer Pen Hadow, zoologist Prof Matthew Cobb, of Manchester, molecular biologist Prof Paul Brickell and leading geneticist Dr Gordon Sanghera.

Prof Cox said: “Everybody I asked

to speak said ‘yes’. That's because everybody knows that places like this are the foundation. It would be ridiculous to build a new university sector if you had no students.

“The message is that it's hard work but you can do it. Very sadly, it's harder work if you come from an area like this but the point about this place is that it's making it less hard, narrowing that gap.

“What I find with kids is that you don't have to do much once you've shown them.

“You're not going to teach someone about biology in 18 minutes but once they're interested it's the ideas that carry them away.

“We want this to be the first of many events, the more interest in science there is, the better placed our country will be to meet the challenges of the future.”

For full interview with Prof Brian Cox, go to wharf.co.uk

NEWS IN BRIEF

Around east London

Island charity to merge after vote

EAST LONDON An Isle of Dogs charity will be merged with another group.

Voters agreed to pass the motion which will see the Isle of Dogs Community Foundation team up with the St Katherine and Shadwell Trust.

Concerns were raised before the vote over whether enough of the cash was ringfenced. However, IDCF members agreed to pass the merger through on July 18.

Witness appeal after spa death

NEWHAM Witnesses are being sought after a 46-year-old man died in a gay spa in Hackney.

Roberto Jesus Messuti from Newham was discovered dead at the Chariots Roman Spa at 7.20am last Wednesday. The fatality is being treated as unexplained.

A post-mortem opened at Poplar Mortuary last Thursday. Police are awaiting the result of toxicology tests.

Call 020 8721 7760.

Odeon gets Imax screen in refurb

GREENWICH Cinema-goers can take advantage of the sole Imax screen in south east London following a £2million refurbishment at Odeon Greenwich.

The new facility will showcase films with top picture and sound quality while guests enjoy the action from a plush gallery, with access to a VIP bar.

A film list of the latest releases, including *The Bourne Legacy* will be complemented with screenings of sport, theatre and concerts.

Read on »

Lucia Blash's guide to working from home

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Cover Story

Has message from booming Boris finally hit home?

TRANSPORT

Rob Virtue finds out if business has got its act together and how Canary Wharf is expected to cope

Games lanes have been painted on roads and Tube users are getting all too familiar with Boris's doom-laden message to "plan ahead".

But how much are we really prepared for the next two weeks and the likely impact of the world milling at our doorstep.

In Canary Wharf, tests have been run and calculations made and – barring Tube line breakdowns – the preparations are in place.

Companies are arranging to work

from home (including some staff at *The Wharf*) and warnings from TfL about hotspots are suddenly, perhaps belatedly, being heeded.

A spokesman for Canary Wharf Group said the company believed there would be a 25-30 per cent drop off in people using regular public transport to the estate at peak times.

"That's people coming in early or later, being on holiday, working from home, running, biking or getting the boat," he added. "It will be open for business but we're encouraging people to avoid the disruption where possible."

In a bid to mitigate the overcrowding, Jubilee line services are

W What's the general view of business?

"A lot are playing the whole disruption down, not ignoring it but just seeing how it goes."

Janette Withey
Quay People

currently running at 30 trains per hour during peak times and during the Olympics four of those trains will be arriving at Canary Wharf empty, straight from the depot.

CWG is also ensuring there are extra Thames Clippers boats running.

As for the big firms, HSBC, which has 8,500 staff usually working at Canary Wharf, is expecting 40 per cent of workers to operate remotely. Some others will be taking holiday and altering work hours to avoid disruption.

The bank said: "The vast majority of our staff have had the technology to work remotely – including from home – for a number of years."

"We would expect a large percentage of our Canary Wharf staff to either use this remote working facility, or simply change their working hours during the Olympic period."

KPMG expects up to 50 per cent of its staff to work flexibly, either from home, at satellite offices such as those in Watford, Gatwick, Ipswich and Cambridge, or working at client's offices.

A spokesman said: "Flexible working is well-established at KPMG over the years and we've got the infrastructure in place to work away from the office, with IT systems or diverting office phones to mobiles."

Smaller firms may find it more difficult. Janette Withey, managing director of recruitment firm Quay People at South Quay, said some of her clients were taking a wait-and-see approach.



Live the dream

LIFESTYLE
blog
wharf.co.uk

The Tube is hell and Canary Wharf a reminder that individual enterprise – rather than corporate slavery (casino banking aside perhaps) is the sharpest route to the sort of wealth that lands you a South Quay-berthed super yacht (see above). If you're home-working and like the sense of freedom, grab an envelope, make some notes. What can you do? What can you sell? Perhaps this is the kick you've been waiting for.

"For our staff, over the past months and years we've upgraded our IT systems so we can work from home," she said. "We also have people who can walk to work during the Games."

"As for our clients, some companies have no working-from-home plans and are just encouraging people to go on holiday."

"A lot of others are playing the whole disruption down, not ignoring

it but just seeing how it goes because really we just don't know. Although looking at the A13 this week hasn't been pretty."

Research gathered by Deloitte in a stress test back in May showed just under 80 per cent of firms across London were confident business would cope. More than 100 companies took part in the event, testing IT, telecommunications and transport infrastructure.

Issues were uncovered during the tests. Over 25 per cent of companies that asked workers to change modes of transport said it was not effective, while 23 per cent were also dissatisfied with different work locations.

Drew Gibson, business continuity manager at Canary Wharf Group, added: "In a sense, it is good to see that some companies struggled with these measures. This means they learned something from the exercise and can put it right before Games time or use alternative measures."

On Monday, the result of the preparations will be on full view.

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Read on »

At-a-glance guide to rail hotspots

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Recreating the canteen at home

Food / Page 58

Stress-free way to get to Olympics

Focus / Page 56



Will broadband cope with home-workers?

TECHNOLOGY

Beth Allcock
@wharf.co.uk

WHARFERS abandoning their offices during the busy Olympic fortnight could be forced to endure slow internet speeds when working from home, due to soaring pressures on the network.

Next week, businessmen and women from across Canary Wharf are set to swap their daily commute for an alternative schedule centred on a desk much closer to their own front door, as a result of Government efforts to minimise transport chaos.

An estimated five million UK spectators, 500,000 international visitors, 90,000 family members of the Olympic teams and a specialist workforce of 200,000 will also be striving to connect to broadband networks in the coming weeks.

Dana Tobak, managing director of Hyperoptic, said those who were planning to create a business base at home during the Games could "hardly be filled with confidence" at the prospect of stress-free internet access, particularly as figures from Ofcom revealed internet speed in the capital was trailing behind other major cities.

She said: "Frankly, it's too late to start thinking about a contingency plan just as the Games are about to begin. We already know that existing



copper-based networks are no longer fit for purpose.

"Fibre-based technology is not just a long-term investment, it's the most appropriate solution to protect users from increased demand."

But a spokesman for BT reassured those home workers that the company was striving to protect "customer experience" during the Games.

The telecoms giant had undertaken reviews of major events including the Royal Wedding, as well as drawing on its previous experience, to inform its planning.

"As a result we have built a capacity model for our core broadband networks and we've brought forward capacity increases to meet the anticipated extra demand," he said.

He added: "On top of the extra planning and investment, we've also installed more than 475,000 wi-fi hotspots in Greater London.

"This will give people additional opportunities to get online, keep in touch and share their experiences."

TWITTER TALK

The Olympic ordeal

■ The @MayorofLondon will regret recording his twee messages for trains and buses. Last thing hot and bothered want to hear is jolly Bojo.
@jonathan fryer

■ You might know – In what year will the number of Olympic people using the Tube become the norm? 2018/19?
@stopcityairport

■ @MayorofLondon Your constant bashing of utility companies and now Olympic embargoes will see companies like mine go under. 150 job losses, TY
@alanbarrett

■ Internet speeds slower than normal in #Wapping today. Wonder if more people home working because of the ORN
@WappingLondon

■ We are well and truly loving the Olympic buzz here this week. Welcome world!
@allbaronecanary

■ Olympic lanes open today. A 3 week experiment in road space reduction. If it's a success, can we keep them for walking/cycling?
@pauljames

Life must be more than jim-jams and Hob Nobs

FIRST PERSON Lucia Blash loves it – but there are hidden perils among the pearls in the home-working set-up

Is working from home as good as it's cracked up to be? You bet it is – and better.

Long before I was lucky enough to escape the office, one of my City analyst friends managed to negotiate a one-day working from home deal.

I remember her saying how much harder she worked from her home office because she felt she had to prove to all those doubters (and there will always be plenty of those around) that she wasn't just sitting at home Darjeeling in one hand, Hob Nob in the other watching re-runs of *Frasier*.

The fact she was engaging in such highbrow pursuits is beside the point; she managed to do that as well as the mountains of work she never got round to completing in the office.

The key to home-working is to get into a routine. It's easy to let time slip when you're on your lonesome.

That second cup of coffee enjoyed while flicking through the latest *Cosmo* can so easily turn into a third and even fourth; and before you know it half the day has gone.

It's best to make some effort with your attire too. There's no need to get suited and booted but avoid working in jim-jams as this can be highly de-motivating.

With no daily commute to battle, enjoy a leisurely shower before

dressing in something smart casual. Give a little punch in the air when you slip on slippers or flip flops instead of stilettos or Church's.

It may seem obvious – after all you are at home – but do take regular breaks. A disadvantage of home-working is that, as with my aforementioned friend, people feel the need to show they can be trusted to operate on their own.

This often manifests as Desk Bound Syndrome where the home-worker is too frightened to leave his or her work station for fear their colleagues will think they're shirking.

Remember, you do not need to answer every email within a nanosecond of it arriving in your inbox.

And finally, do not treat home-working as a holiday in terms of relaxing your diet or altering your eating habits.

Although it may be tempting to snack, overstuffed cupboards luring you like some seductive siren, remember, unless you factor in some type of exercise during the day like a lunchtime jog or 15-minute workout to Davina, you will not be burning up as many calories as normal.

Now go and do a little krumping in your kitchen to celebrate because – that's right – you can. You're working from home now!

IMAGINATION

Discover the Danish Spirit

St Katharine Docks • 27 Jul - 12 Aug • 11am - 10pm

VisitDenmark

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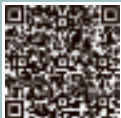
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Bank	End of Torch Relay / Opening Ceremony																
Canada Water																	
Canary Wharf																	
Canning Town																	
Greenwich																	
London Bridge																	
North Greenwich																	
Poplar																	
Royal Victoria																	
Shadwell																	
Waterloo																	
West Silvertown																	
Woolwich Arsenal																	
Jubilee line																	
DLR																	
Overground																	

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Questions raised over TfL's Jubilee line payout

THE London Mayor has been urged to come clean over the reason Transport for London is continuing to pay fines to Canary Wharf Group for poor Jubilee line performance – even after the upgrade has been completed.

TfL has been making payments to the property group since February 2010 after improvements to the line – for which CWG contributed over £94million – failed to be completed by subsidiary Tube Lines.

Despite TfL reaching the agreed target of 30 trains per hour in the spring, it continues to pay fines with nearly £1.7million dished out last month. It takes the total figure to more than £42million.

London Assembly transport committee chairwoman Caroline Pidgeon said: "The upgrade to the Jubilee line may be complete but we still have the ongoing saga of Transport for London writing large monthly cheques to Canary Wharf for reasons that are far from clear."

"The mayor needs to come clean and explain why public money is being paid out. This is the minimum that Jubilee line passengers deserve."

No-one was available for comment from TfL.

Rob Virtue



Visitors to the Africa Stage watch Seckou Keita from Mali perform at the London Pleasure Gardens

LPG makes tentative return

LONDON Pleasure Gardens, in the Docklands, hobbled back from the *Bloc Festival* fiasco to host the Africa element of the *BT River Of Music*.

After complaints about dust at its opening *Paradise Festival*, a new stony surface was laid and after *Bloc Festival* was cancelled amid scenes of overcrowding, ticket numbers were reduced.

Meanwhile all ticketed events



at the *Last Mile Festival* have been cancelled and it will now mainly be opened to Olympic ticket holders accessing the Pontoon Dock site from Excel.

A spokesman said: "Locog has given us a daily limit of 2,500 residents who can visit us during the *Last Mile Festival* to alleviate extra strain on the transport system. We are altering our programming to reflect this."

POLITICAL NOTES&VIEWS

With Lutfur Rahman

Executive mayor, Tower Hamlets Council

No fewer than 27,000 media people descended on London for the Games. They have looked at the borough with fresh eyes; they have seen our history and tried to discern our future.

They can see we have a good story to tell, not least because of the census figures that showed, after a century of shrinking, Tower Hamlet's population had the biggest growth in the country over the last decade – which I might modestly point out coincides with my time on the council and my mayoralty.

We don't just want visitors during the Games, we also want to rebrand Tower Hamlets as a place that people want to live and a place where investors can be successful.

“They have looked at us with fresh eyes

We can't claim credit for the Olympic Park, the DLR, Crossrail and the road developments

that shifted London's centre of gravity eastwards, but I point out they demonstrate the essential role of government in building infrastructure and reshaping our cities.

But this has been done in partnership with forward thinking and socially responsible businesses that have worked with us to build the borough. We can be proud of what local government has done to improve our homes and make them affordable for those who might be squeezed out by gentrification.

I am not against "gentrification" rather I want everyone to share in it.

SALE SALE SALE

SALE SALE

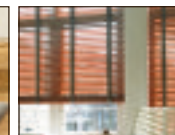
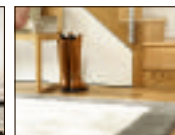
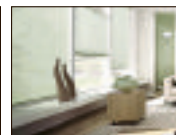
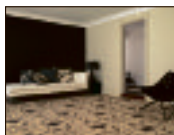
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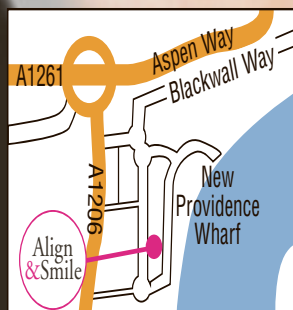
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News



Police release CCTV footage of the suspected hitman just after shooting the banker

Police release hitman CCTV

POLICE have reported a positive response to the *Crimewatch* programme featuring the attempted murder of a Russian banker on the steps of his Canary Wharf apartment.

Viewers to the BBC programme saw CCTV footage of the suspect as well as a reconstruction of the attack, which left German Gorbuntsov fighting for his life and under police guard in hospital.

Mr Gorbuntsov said: "They found six bullets inside me. I was badly injured and badly affected. I have serious internal

damage to my body and I still haven't seen a single doctor who is absolutely convinced it will be fine. I will make it but I will be disabled. My future is uncertain."

Det Chief Insp Russell Taylor said the police had received names from callers. He said: "We are working on those names now, to see if we can find anything out."

Police also released dramatic CCTV footage from Canary Wharf station showing the suspected hitman just after the shooting.

[More pictures at wharf.co.uk](http://wharf.co.uk)

Anger as council calls time on bar's bed bid

Rob.Virtue
@wharf.co.uk

When Galleon Theatre Company was evicted from its Greenwich premises by landlord Beds And Bars, the hostel and bar owner denied it was planning to cash in on the Olympics by putting in more accommodation.

However, just days before the beginning of the Games, the company has been ordered by the council to stop construction work to adapt the site for more bed space because it failed to seek planning permission.

The theatre group had been performing at Belushi's bar by Greenwich train station for more than 15 years before its lease was terminated in January.

Galleon's Bruce Jamieson said: "We always knew this was the real reason for our eviction. We've got the Olympics and what better time to take advantage."

"What is surprising is they didn't go through the legal applications."

At the time, Beds And Bars' operations director Edmund Passey said it was a "coincidence of timing" the eviction came about at the same time

as the Olympics. He said the decision was made because the company had become landowners and denied the future of the theatre space had been determined.

No-one was available to speak from Beds And Bars when approached by *The Wharf* this week.

A spokeswoman for Greenwich Council confirmed it had issued a temporary stop notice on works at the site.

She said: "The site's owners are obliged by planning legislation to go through the appropriate procedures before changing the use of the building."

Tourism

Milestone visit to Cutty Sark

THE newly-restored Cutty Sark has welcomed its 100,000th visitor since its re-launch.

The ship reached the milestone less than three months after the Queen re-opened the tea clipper.

The 100,000th visitor was Po-Koon Huang who was visiting with his wife and daughter and left with an original bolt from the ship, presented by Cutty Sark director Richard Doughty.

Education

Plans for free school collapse

PLANS for a free school in Newham have collapsed weeks because of lack of demand from parents.

The Newham Free Academy, a mixed secondary school, was preparing to open in September but has been withdrawn from the programme.

The Department for Education (DfE) said: "Setting up a free school is not an easy task."

Legacy

iCity lined up for media HQ

THE Olympic media centre is likely to become a digital hub.

The London Legacy Development Corporation has unveiled iCity as the preferred bidder for the vast building – although with the withdrawal of rival bid Fashion Hub it was mostly a technicality.

LLDC also revealed that West Ham and a Formula One consortium are among four bidders looking to take over the stadium.

» More on these stories at wharf.co.uk

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SPECIAL FEATURE

in association with The National Lottery

ONE NIGHT. 100 UK MILLIONAIRES.



The National Lottery is set to hold yet another record-breaking draw, and this time it will coincide with the Opening Ceremony of the London 2012 Olympic Games! On **Friday 27 July** we are set to smash the world record* for the most millionaires ever created in one night by guaranteeing that a massive 100 of you, all here in the UK, will become millionaires!



This special one-off EuroMillions UK Millionaire Raffle draw is a thank you to our players for the incredible £2.2 billion of funding they will have contributed towards the London 2012 Games. Here at Lottery HQ we're already preparing for our biggest ever night and we want you to be just as prepared, so here's our guide to playing, and checking your tickets. It is set to be a momentous night for the nation; and especially for you if you become one of our lucky 100 UK overnight millionaires, so limber up!

To mark this extra-special EuroMillions UK Millionaire Raffle draw The National Lottery has commissioned the production of some commemorative hand-crafted Dartington Crystal champagne glasses. We can't wait to pop open the bottle and celebrate with you all!

1. In the style of a 20km Olympic Race Walker, wander to your local retailer, computer or mobile phone to buy a ticket. Every EuroMillions ticket (£2) for the draw on Friday 27 July will automatically enter you into the UK Millionaire Raffle draw, giving you the chance to win one of the 100 £1 million prizes. Each EuroMillions ticket comes with a unique Millionaire Raffle selection which can be found at the bottom of the ticket. Made up of three letters and six numbers there'll be one for every EuroMillions line you buy

2. After the draw, employ the concentration of an archer aiming for the bullseye to check the Millionaire Raffle selection at the BOTTOM OF YOUR TICKET

3. Avoiding any obstacles with a triple jump hop, skip and a jump head to your local National Lottery retailer who will be able to scan your ticket and advise if you have won a prize



4. OR with the nimble fingers of a handball player go to www.national-lottery.co.uk where all of the winning UK Millionaire Raffle selections will be displayed. You can enter your own Millionaire Raffle selection to find out if you're a winner

5. And finally, if you think you've struck gold, run like a 100m sprinter to your nearest phone and call the National Lottery Line on 0845 910 0000 to claim.

Fraud warning over flat let con

Rob.Virtue
@wharf.co.uk

OLYMPIC visitors have been warned to be aware of potential frauds after a conman struck in a number of east London short-term property deals.

The National Fraud Intelligence Bureau revealed there had been more than 350 cases in the last year and a Canary Wharf company has said it had seen a spike in 2012.

Ratedapartments.com, based at South Quay, has seen four incidents recently, including one customer who

was stung for £425. Sertan Sanderson of Ratedapartments.com said: "The process is for the keys to be left with the concierge but when the customer went to pick up the keys, the concierge said there were no keys."

"At around the same time we heard from the Association of Service Apartment Properties that this particular property had claimed victims on other sites."

The company paid back the money to the customer as a gesture of goodwill. In the other three cases no cost was incurred.

Mr Anderson urged all those looking to make deals to be careful. He said: "Any high volume of sales will increase the risk of this happening. This is a time to be vigilant."

"We ask people to use Paypal or a credit card rather than transferring money into an account."

Tower Hamlets Police are investigating the fraud.

A police spokesman said: "A 43-year-old victim had been tricked into paying money in advance for the short term lease of a property that did not exist. No arrests have been made."



GETTY

Gymnasts enjoy an inflatable version of Stonehenge at Greenwich. The work known as *Sacrilege* is by Turner Prize winning artist Jeremy Deller and will tour the capital as part of London 2012 celebrations.

Your Right to Buy

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home
owner



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Torch Relay



Residents in Woolwich, above left and right, and Stratford, right, prepare for the arrival of the torch

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Round-the-world sailor Sir Robin Knox-Johnson circles the Cutty Sark with the torch while Natasha Sinha kicks off proceedings in her home town of Greenwich, below



How torch ignited a party to remember



Above, Gymnast Nadia Comaneci on top of The O2. Below left and right, Woolwich and Stratford residents wave the flag



Torch Relay

GETTY / JAMES PERRIN / LOCOCG



LIKE the day itself, the Olympic Torch began its day in London at the Prime Meridian.

Touring the equestrian venues and the Cutty Sark it headed into Woolwich for a party before crossing the Thames to pass through Newham and Tower Hamlets.

A carnival atmosphere spread through the streets of the Olympic borough as the rain of recent weeks gave way to brilliant sunshine and bands played for the crowds.

Private Jaco van Gass, 25, who was badly injured in Afghanistan in 2009, and carried the torch in Woolwich, said: "It was fantastic. I'm really looking forward to the Games. As a dual citizen – of South Africa and Great Britain – I've got double the chance of celebrating."

Gold medal winner Tessa Sanderson-White, above, and singer Paloma Faith carry the torch



Stratford, above and top, celebrated the arrival of the torch with colourful costumes



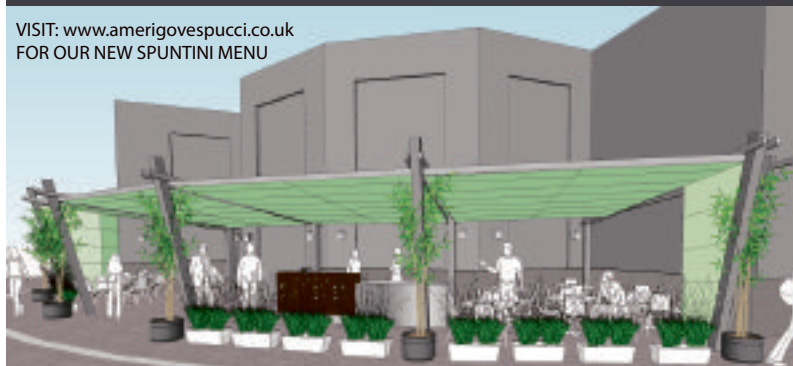
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What's on

Celebrate the Games for free in the capital

PREVIEW

East End events

Millwall / Whitechapel

A live music extravaganza and an afternoon of family fun will kick-start celebrations to mark the arrival of the Olympic Games.

On Saturday, Millwall Park will be a hub for community spirit and Olympic fever when it boasts a variety of free activities, games and crafts, complete with a barbecue and live coverage of London's sporting action, as part of Fun In The Park.

The event, which starts at 12.30pm, leads the programme of activities for the Isle of Dogs Big Weekend.

Organiser Stuart Cathrow said: "Although the island is



The Skellies will perform at Brady Arts Centre in Whitechapel

part of an Olympic borough, we noticed that many people felt disconnected from the games.

"Many haven't been able to get tickets and will therefore only experience the negatives of the games being in London this summer – with none of the positives.

"We wanted to give the people on the island a chance to celebrate, a chance to get together with their neighbours and to have fun."

■ Sounds with an Olympic twist will be showcased on Saturday evening at *Music Space Live Presents East Beats*, a project that is aimed

at promoting the talents of young Tower Hamlets residents.

BBC Radio 1xtra's DJ Rocha and Deborah Awoyo will introduce the performances, with MC Cal, Ben Bezzina, The Skellies and Music Space Academy Collectives just a few acts set to take to the stage. The free concert will mark the culmination of a year-long project and take place at Brady Arts Centre, in Hanbury Street, Whitechapel, from 6-9pm.

Go to isleofdogsbigweekend.co.uk or cmsounds.com for details.

Beth Allcock

It's the people who will make the Games a special event

INTERVIEW

Alex Taylor talks to one of the men behind a fraction of Showtime, itself a mere fragment of what's on offer

It's not the Olympics alone that will create something special, it's about the people," said David Bernstein of street performance group The Strangelings. "Nations coming together through a common enjoyment of sport will create a culture of unity. This is the key, not the commercialisation."

Bernstein, who performs in the duo with Matthew Birch, will be appearing at *Showtime*, part of *BT London Live*, in Victoria Park from August 9-11.

The pair, who do everything from escaping straitjackets to daredevil cycling, can't wait to perform their show *Tandem*, which they feel is at one with the Olympic spirit.

Bernstein said: "The thing about true theatre is that it's free and that makes it a very inclusive, accessible art form for a wide variety of audiences. It removes the glass ceiling, the same way as sport should."

"*Tandem* is a live street show. We gather an audience and perform in the round. It's a silent show because we decided after many years we wanted to make a show that we'd be able to tour internationally throughout Europe and the rest of the world."

"We've been touring *Tandem* for the past four years. It's been to France, Holland and China – all over."

It was during that tour that pair encountered what they believe to be the universal character of street entertainment.

Bernstein said: "When we did the show

5 BT London Live events to visit

■ Sir Norman Jay and Friends take the stage with Don Letts for an evening of funky, punky reggae, July 28, 8.30pm, Victoria Park main stage.

■ Alexandra Burke performs live, August 2, time TBC, Victoria Park main stage.

■ In The Zone – a fictional sports TV studio offers interactive experiences for the whole family, all day every day, until August 12, Victoria Park.

■ Every Medal Every Day offers visitors to BT London Live the chance to watch Games highlights on three giant screens, all day every day, until August 12, Victoria Park.

■ Have A Go Sports offers visitors the chance to try a wide range, all day every day, until August 12, Victoria Park

in China, even though we found it was a very different culture – as far removed from Western culture as I've ever experienced – we found the show embodied a universal language; the same laughs and enjoyment of live street

Alexandra Burke will perform at Victoria Park as part of BT London Live



GETTY

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The Strangelings get audience members to gather round while they perform their shows

entertainment. It had a very good reception there.

"It can appeal to anyone – when you remove language and you're talking about physical comedy and physical characters, it's universal.

"Every time we do our show, whether in a small village or a city, we always work equally hard and look upon it the same."

BT London Live, which runs in Victoria Park, Hyde Park and Trafalgar Square until August 12 and boasts live music, sports and big screens, is part of Mayor Of London Presents, a programme of free cultural events bringing performance and art installations to all 33 boroughs over the summer in celebration of the Olympic Games.

The Mayor of London Boris Johnson said: "2012 is a momentous year for London and I want Londoners and visitors to experience the best of what our great city has to offer.



GETTY "There are thrilling, world-class cultural events popping up in every corner of the capital and you can expect the unexpected.

"There has never been a better time to explore London, not just the well-known attractions, but the wonderful local gems waiting to be discovered."

For Londoners and visitors hoping to navigate the Mayor's extensive selection of entertainments, a Summer's Looking Good brochure can be downloaded online at molpresents.com.

Alternatively, smart phone users can take advantage of the London Official City Guide app, available from app stores. It has been designed to keep users up to date with the latest details about the events on offer, the hottest city sights and recommendations for the best restaurants.

Go to molpresents or btlondonlive.com



Danny DeVito voices The Lorax

SCREEN

The Lorax

(U) 86mins

Based on the book by Dr Seuss, *The Lorax* is an environmentally conscious story of one boy's noble quest to restore balance between avaricious mankind and Mother Nature.

While the film might hope to galvanise young audiences into action, this is primarily escapist entertainment, melding comedy, mystery and a hint of pre-teen romance.

Vocal performances are solid, including a suitably gruff Danny DeVito as the titular forest sprite.

Young Ted Wiggins (Zac Efron) lives in the carefully controlled tree-less utopia of Thneed-ville.

Ted pines for the girl next door, Audrey (Taylor Swift), who tells him dreamily: "What I want to see more than anything in the whole world is a real-life tree growing in my backyard."

Aware of the perils that lay ahead, Ted resolves to bring green back to Thneed-ville and win Audrey's heart.

The Lorax is rendered in lurid, sherbetty hues that radiate off the screen.

Indeed, Chris Renaud and Kyle Balda's film is so bright, you feel like donning sunglasses and SPF 25 rather than plastic 3D specs.

Efron and Swift's honey-toned voices perfectly fit their cutesy characters, while the animators let their imaginations run amok in scenes of pre-deforestation Thneed-ville.

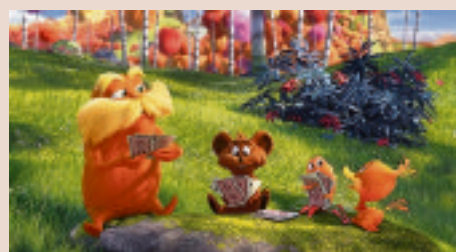
Underlying messages of unity and self-sacrifice for a greater good are admirable, drizzled with mawkish sentimentality to sweeten the pill.

Damon Smith
Win tickets / Page 61

Our verdict

Bright hues and a green message are candy sweet

★★★☆☆



BOOK



The Child Who
Simon Lelic (Picador)

★★★★☆

A swift, compelling read is always a joy, time hungry as we are. Less joyous is the disturbing subject matter of Simon Lelic's – a child killer.

The case of Daniel Blake, mindless murderer of schoolmate Felicity Forbes, lands in the purview of small-town solicitor Leo Curtice.

The blood-red tabloid fervour reaches his front door bringing untold misery and fear to his wife Megan and daughter Ellie.

Oblivious, it seems, to his family's distress Leo becomes entranced by the truculent and mistreated Daniel to the point where his domestic and professional loyalties fray.

Although such a division stretches credulity, Lelic makes clear that the genesis of the story lies in the real-life impact of the Jamie Bulger killers on their solicitor.

Lelic writes beautifully, his dialogue is pin-sharp and his evocation of the treacherous nightmare of grief and disbelief is uncomfortable.

One needless distraction in style. Lelic insists on obscuring detail at the beginning of many chapters so we have no idea when or where we are. No names, no background. Just lots of personal pronouns doing vague, anchorless things.

When it becomes clear at last, the reader is required to restart the chapter to get the drift, pulling them out of the story and into the real world.

A needless distraction and irritation in what is a haunting and mesmerising read.

Giles Broadbent

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RIVER LEA

It might be on the pricey side, but there's no escaping the delight, writes **Giles Broadbent**

The voice of Boris – rapidly becoming the voice of doom – has given us plentiful warning – the trip to the Olympic Park will be no cake walk.

Instead, expect jams, delays, arm-pits, fluster and confusion.

Water Chariots is riding the wave of congestion phobia with its unhurried, 40-minute, VIP jaunt up from Limehouse (or down from Tottenham Hale) to a private entrance direct to the park.

Perhaps a sip of champagne in the specially built departure lounge beneath the arches of Limehouse DLR station, or a refreshing drink from the bar on the way. Complimentary snacks to the soundtrack of low-hum motors and the giggling bubble of disturbed water.

For a ticket, £95 offers the VIP package, £45 for a slimmed down version and many thousands to hire out one of the smaller boats, aimed at corporate customers looking for a bespoke service.

A bit steep was the first reaction – “ridiculous” was the verdict of MP Jim Fitzpatrick – but the operator says this is not a water bus, it is an experience.

Founder Peter Coleman said: “Every day we hear about the potential for delays, disruption and unprecedented congestion. If you have paid for a once-

in-a-lifetime experience why not take a stress-free, reliable and uncongested journey straight to the park.”

Referring to the high end packages, CEO Bill Doughty said: “Imagine you're in charge of corporate hospitality. Your worst fear is that you've taken two tables of 10 in a prestige suite.

“These are your nine best clients and you're looking at the two empty spaces at the table and you're thinking ‘where are they’ and someone rings up and says ‘I'm stuck in Stratford in a queue at the station’ or ‘the DLR has broken and it's all gone wrong’. The stress is incredible.

“You just want the security of getting there and arriving.”

Besides, this is no fly-by-night, here-today-gone-tomorrow operation, says CEO Bill Doughty.

Water Chariots is part of the legacy with a contract to run the service for 15 years and with a self-imposed commitment to train up injured ex-servicemen. This was the dream of Mr Coleman whose son had done tours in Afghanistan and who is now working with veteran charities to make it a reality.

I took a preview trip to the Games in rare sunshine, up to the park on one



The Water Chariots come in two sizes. Above, the larger seen at Stratford, and the smaller at Limehouse



of 17 smaller boats, which cater for 10, and back down on one of the 13 large boats, which take 70. It cost £3million to bring the fleet together.

The water is only three feet deep in most places so no cumbersome lifejackets are required (“stand up” would be the advice to the man overboard) and the sights of east London from the water are invigorating and informative.

From the delightfully named Bow Locks, the cottage where Zig and Zag ruled *The Big Breakfast*, the first glimpse of the Orbit, the old evocative warehouses with broken windows and fluorescent graffiti, the new converted warehouses, their balconies filled with pot plants.



Water Chariots CEO Bill Doughty

W Why pay £95 for a round trip?

“If you have paid for a once-in-a-lifetime experience why not take a stress-free, reliable and uncongested journey straight to the park.”

Founder Peter Coleman

Three Mills, where Danny Boyle was masterminding the Opening and Closing ceremonies and the eclectic gathering of riverside buildings. Tanks and armoured vehicles, we were assured, are just props from the studios but the soldiers pedalling the towpaths or under camouflage are unnervingly real.

On the tour, Mr Doughty told me the story. He said: “Originally, it was born out of an idea by Peter Coleman who is a passionate boaty type but has never been involved in any commercial boat operations.

“Two years after the Olympics were announced, he said to the ODA ‘you’ve done nothing with the canals’ and it said ‘that’s a good idea’. British Waterways said it would do a public tender to run a canal service exclusively down to the Olympic Park using the River Lea.

“He tendered. His was a whole romantic notion and he won. He played around with it for a bit – a nice idea, maybe a few boats, all very interesting.

“He didn’t realise how interested people were, particularly event companies thinking ‘we’ve got a completely unique experience now’.

“My background is in private equity and I have a philanthropic investment boutique that I run as well. I said if it’s a partnership with British Waterways and if you can make 15 year legacy deal then I’m interested – I’ll raise the money for you, I’ll get you the boats, I’ll do all of that, build you a team and bring the operation to life.”

Expect it to be a hit. Especially in the second week once the horror stories of the first have filtered through and panic measures are deployed.

Go to water-chariots.co.uk.



The former Big Breakfast house, above left, and some inventive post-industrial landscaping, right, are among the visual treats on the way

Family

WORKING MUM

By Tabitha Ronson

Impressed by this girl's quiet confidence

We have a new girl in our team. I don't exactly know what she does but she appears to do it well – and with an air of quiet confidence.

It's always interesting when someone new joins an office because the dynamics inevitably change.

Already I have seen the irritant that is Young Colleague – who now loses that mantle because of the arrival of even younger New Girl – in her needy-like fashion jostling to befriend the newcomer, wanting everyone to see how “nice” she is when it is more about her own ego and need than out of genuine friendship.

The New Girl in contrast is relaxed and comfortable with herself, slotting in to an established – and awkward – team with ease.

I like that. I get the impression she has weighed us all up and, knowing how each of us operates, is working hard to give an answer to our varied traits and needs. Unlike Young Colleague this is done without calculation or manipulation. She is neither fake nor phoney.

Having this understanding at such an early stage in her career will I'm sure see her go far. She deserves to be a genuinely lovely girl.

I happened to share the same Tube ride into work with her the other morning.

We had a little chat about this and that, nothing of great significance.

It was while we were travelling on the escalator still nattering away that she mentioned that she had lost her mum to breast cancer two years ago.

She did that half-smile not really smiling thing, her brown eyes trying not to be blue.

She is only a baby. I thought about Master A and all the travails that may await him.

In our office of egos and temperaments there is a refreshing – and much – welcome addition. We all can learn a lot from her...

Working mum hugging Master A a little bit tighter, and praying harder each night.

TRAVEL

With preparation, the summer break should not end up as a series of firefights

Lisa Salmon
The Wharf

As parents pack for the much-needed summer holiday, they need to make sure they've planned plenty for everyone to do on holiday.

The key is preparation – without which mum and dad don't get much of a break, says Catherine Cooper, author of *Travelling With Children: A Parent's Guide*.

“You have to really think about it before you go, and if you do that, you can have fun with kids on almost any holiday you want to,” she says.

The holiday often starts with a flight and the younger the children, the more anxious the parent.

But making sure you're armed with some small, non-precious toys that don't have lots of bits, pens and a colouring book, and non-sugary snacks will help keep young children entertained, as will the in-flight entertainment monitor.

“If you've got a baby crying, there's not a lot you can do,” says Catherine. “So try not to get too stressed about it – other people are just going to have to put up with it.”

Catherine, whose own children are eight and 10, says that if you've got young children, it's always good to go on holiday with friends or extended family who also have kids, as you can share the childcare and the children will have others to play with.

But if you've booked a holiday for just your family, it might be an idea for mum and dad to take it in turns to look after the kids.

“Try to remember it's everybody's holiday and not just the children's, and try to get a balance of activities,” she says.

“You don't have to entertain the kids every minute of the day – do some things you want to do as well.”

She suggests that if mum and dad want to do something like go to an



Keeping a child occupied on a flight may be a simple matter of bringing along a DVD player and films

Don't take the stress on holiday with you

W How do I make the memories last?

“Write down even the grotty bits – you'll laugh at them in your old age, I promise.”

Sarah Tucker

art gallery or a museum, for example, they should simply be savvy about doing it, by limiting their time there, and promising the children they can do something they want to do afterwards.

“If you do things in small doses, children will be reasonably happy,” she says.

Sarah Tucker, who's just written *The Bump To Baby Travel Guide*, says that if

you're flying with a young baby, feed it just before the flight so it's more likely to sleep, and dot some lavender oil around during the flight to help create an air of calm.

For older children, bring a portable DVD player with a long-life battery, or a fully charged iPad, headphones and a stock of films and audio books.

When you're at your destination, Tucker advises parents to check out the location of the nearest surgery, hospital, chemist, and grocery store.

To keep kids happy, parents should give them the option of using the internet and their computer games.

However, children should also be able to enjoy new activities such as kayaking and paragliding.

Tucker says: “In short, let them make the choice. If they do that,

they're more likely to enjoy it – no TV and no internet will make them want them more.”

She says: “Holidays are never the same after you have children, but that's the joy of them.”

“Treat the family holiday as something that's a real window of opportunity – really get to know your kids and let them get to know you.”

She suggests writing a diary recording each day of the holiday, and stresses. She says: “Write down even the grotty bits – you'll laugh at them in your old age, I promise.”

“Enjoy this time – it doesn't last forever, and once it's gone, it's gone.”

■ *The Bump To Baby Travel Guide* is available at sarahatucker.info; *Travelling With Children: A Parent's Guide* is published by Need2Know, £9.99

ACTIVITIES

Kickstart a football career

BUDDING footballers have the chance to show off their soccer skills at summer camps being held across Tower Hamlets this summer.

The council, community organisations and football clubs are delivering sessions for people aged six-18.

The summer project will be held at four locations:

■ The Marner Centre in Devas Street, Bow, E3 with Bromley By Bow FC. Contact Naz Hussain on 07961 738126 or email naz@bbbco.co.uk.

■ The Green Gate, Schoolhouse Lane, E1, with Juva FC. Contact Edi Friday on 07944 007618 or email juvafootballteam@aol.com.

■ Chicksand Pitch, Chicksand Estate, Chicksand Street and Allen Gardens, E1, with the Osmani Trust. Contact Sana Miah on 020 7247 8080/07903 867333 or email sana.miah@osmanitrust.org.

■ Minerva Community Centre, Minerva Street, E2, with Wise Youth Trust. Contact Ade Abayomi: 07956 462544 or email wiseyouthtrust@gmail.com.

CLL Rania Khan said: “We have produced excellent players here over the years including Ashley Cole, Ledley King and Scott Parker.”

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Food

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& SUPPLIES

SNACKS

Many Wharfers will be preparing to work from home as the Games begin without the comforts of the office. We sent **Beth Allcock** to Waitrose for goodies to satisfy those screen break cravings

LUNCHTIME



■ Poppy-seeded knot roll, 35p each



■ Jamon Iberico de Bellota, £7.99



■ Waitrose smooth and refreshing guacamole, £2.19

QUENCHER

■ Copella apple lemonade, £1.71



ELEVENSES



■ Fiona Cairns Heart Daisy Design Fairy Cakes and Cherry Design, £5.50



■ Iced finger bun, 49p each
■ Cherry and almond puff laticem, 99p each

■ Mr Kipling's Great British Fancies, £1.60



TEA AND COFFEE

■ Nespresso Citiz and Milk coffee maker, £180

■ Taylor's rich Italian ground coffee, £3.48



■ Monin vanilla and noisette syrups, both £2.99



■ Twinings speciality tea 60 Sachets, £9.99



FRIDAY TREAT

Reward yourself for working so diligently outside your office

These fruit beer, strawberry and lime cupcakes might require some preparation, but they're ideal as a reward for working hard from home when you don't have the convenience of popping out to Paul for a sweet treat. A spell of baking can also be a relaxing break from the stresses of the home office.

INGREDIENTS

For the cupcakes:
100ml semi-skimmed milk
100ml Liefmans Fruitesse
115g unsalted butter
225g caster sugar
2 eggs – must be at room temperature
250g self-raising flour
1tsp baking powder
1tsp strawberry flavouring
12tsp strawberry jam

For the icing:

75g unsalted butter
Grated zest and juice of two limes
275g icing sugar

METHOD

Preheat your oven to 180C. Mix the milk and Fruitesse together in a measuring jug.
In a mixing bowl,

beat the butter and sugar until a creamy texture is formed. Add the eggs separately, then pour in the flour and beat well.

Add the milk/Fruitesse mixture and beat again until smooth. Then pop in the strawberry flavouring, along with the baking powder, and mix. Spoon the batter into the cupcake cases, dividing evenly, approximately three quarters full. Bake for 15-20 minutes until moist.

Insert a skewer into the middle of the cupcakes, and if the stick is left clean, then they're ready to leave the oven.
Once baked, transfer

your cakes to a wire rack to cool. Using an apple corer, remove the middle of each cupcake to create space for a gooey jam centre.

Using a piping bag, insert the strawberry jam until it reaches the top of each cake.

For the icing, beat the butter with five tablespoons of the freshly squeezed lime juice, along with the icing sugar, until creamy.

Pipe swirls onto the cooled cupcakes and decorate with the lime zest.

To give them a colourful finish, pop a fresh strawberry, or a strawberry sweet onto each cake and serve to yourself as a reward.
Go to liefmans.be.



Life



FITNESS WITH LAURA WILLIAMS

GETTY



GET THE LOOK

Victoria Pendleton

The athlete dubbed Cycling's Golden Girl doesn't just practise on the track – she pumps plenty of iron too. Pendleton said: "I do mainly power clean and jerks, squats, upper-body and core stability work, which all helps to make my cycling style more efficient."

How she does it: As well completing hours of cycling training a week, Pendleton also spends time in the gym lifting weights.

She said: "Core stability is massively important, because it is from your core that you generate all the power through your legs."

Do it for yourself: Whether you're an Olympic track cyclist or a novice gym goer, lifting weights and working on your core is important for everything from injury prevention to performance.

Pendleton concentrates a lot on lower body compound moves, a term used for exercises which work multiple muscle groups and more than one joint. These also make a good choice for the time-poor office worker: you get more bang for your buck than if you concentrate on exercises that isolate just one muscle group such as the bicep curl.

Squats, lunges, chest presses and pull ups are a good place to start. You can incorporate your core stability work into your weight training workouts too: start with easier moves such as the bridge and a Swiss ball crunch, slowly progress to exercises such as the plank and all its variations, and then try exercises like single leg squats on a BOSU ball that tick multiple boxes.

9 Number of world titles won by Pendleton to date

Q&A

How can I increase muscle tone in my bottom?

Try these three times a week.

■ **Carving Curl:** Lie facedown on the floor with head resting on folded arms. Squeeze a rolled-up towel behind bent left knee with foot flexed. Lift leg a few inches off the floor then lower. Do 30 reps, switch to the right leg and repeat. Then do two more sets.

■ **Heel Kick:** Start on all fours then bend and lift your left knee to hip height and point it out to the side keeping hips straight. Do 20 heel pulses by lifting and lowering left leg an inch. Cross left knee behind right knee, lift it out to your left at hip height and do 20 pulses with the foot flexed. Switch sides and repeat.

Top tip

Don't believe the headlines: Don't obsess about what you read but do encourage the family to head to the gym, swimming pool or football pitch.

Go to Laura's website at laurawilliamsonline.co.uk, email questions to laura@laurawilliamsonline.co.uk or follow @laurafitness on Twitter

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Images



1

Torch bearer Amelia Hempleman-Adams, 17, stands on top of a capsule on the London Eye as part of the London 2012 torch relay.

REUTERS
Luke MacGregor
BRITAIN

2

French roller skate designer Jean-Yves Blondeau leaps into the air as he skates down a mountain in Hunan province.

REUTERS
China Daily
CHINA

3

A man is attacked by a bull during a traditional bullfight in Arenal, Bolivar.

REUTERS
Joaquin Sarmiento
COLOMBIA

4

A motor tricycle loaded with recyclable plastic bottles in Taiyuan, Shanxi province.

REUTERS
Stringer
CHINA

Take 5

Keep your brain ticking over with our selection of coffee break puzzles



Stars

With Claire Petulengro

AQUARIUS

JAN 21-FEB 19

For more call 0905 817 2070

You might be a little sensitive and need some time out to resolve recent issues. The other parties involved have moved on and you must follow suit.

PISCES

FEB 20-MAR 20

For more call 0905 817 2071

You've been overdoing things and need to take stock of your priorities. Don't repeat rumours you've heard as they are unlikely to be true.

ARIES

MAR 21-APR 21

For more call 0905 817 2060

This is a great time to deal with domestic issues and finally resolve problems that have been worrying you. Don't be afraid to speak your mind.

TAURUS

APR 22-MAY 21

For more call 0905 817 2061

The time has come for you to make a decision about an important relationship. You now have you all the information you need to make an informed choice.

GEMINI

MAY 22-JUNE 21

For more call 0905 817 2062

Take up the offer of a night out with a friend – it will allow you to air some grievances. A new addition to your social circle will put a smile on your face.

CANCER

JUNE 22-JULY 23

For more call 0905 817 2063

This is a good time to kiss and make up. The coming days will allow you to mend fractured relationships and make them stronger than ever before.

LEO

JULY 23-AUG 23

For more call 0905 817 2064

Someone is toying with your emotions. If you continue to pander to their every whim you are only going to end up driving yourself to distraction.

VIRGO

AUG 23-SEPT 23

For more call 0905 817 2065

Your reckless behaviour has left you with a lot of loose ends to tidy up. Don't be afraid to ask for help – you'll get more support than you expected.

LIBRA

SEPT 24-OCT 23

For more call 0905 817 2066

You're wrong if you think you can have your cake and eat it. It would be better to be honest about what you want – then you stand a chance of getting it.

SCORPIO

OCT 24-NOV 21

For more call 0905 817 2067

You will enjoy breakthroughs in personal and professional matters. Time spent with younger people reveals a secret you'd already partly guessed.

SAGITTARIUS

NOV 22-DEC 22

For more call 0905 817 2068

Romantic relationships and friendships begin to thrive, which makes up for the frustrating phase you went through at the beginning of the month.

CAPRICORN

DEC 23-JAN 20

For more call 0905 817 2069

Relationships come under the spotlight. You may be tempted to find problems where there are none – be very careful about what you accuse close ones of.

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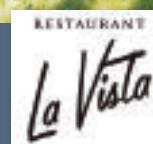
Dinner and a Movie



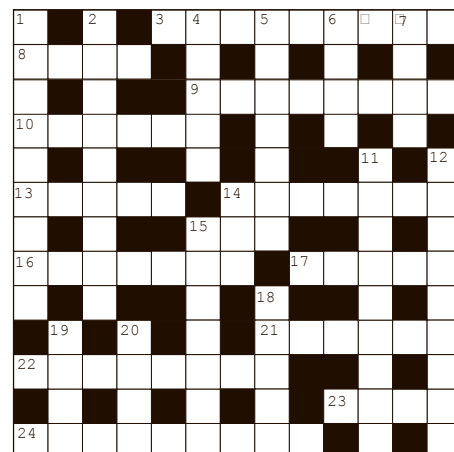
★ Fancy winning dinner and a movie for you and a friend? We've teamed up with West India Quay's La Vista and Cineworld West India Quay to offer two pizzas, two bottles of Peroni (or a bottle of wine) and a pair of tickets to the cinema. To be in with a chance of winning, just tell us the name

of the diminutive actor who voices The Lorax showing at Cineworld. Email your answer to newsdesk@wharf.co.uk with "Movie Night" in the subject line. The closing date for entries is July 19, 2012.

Include your name and postal address and the details and tickets will be posted to you.



Crossword



ACROSS

3. Religious building (9)
8. Feel intense dislike for (4)
9. Unnatural (8)
10. Packed meal eaten outdoors (6)
13. Therefore (5)
14. Staying power (7)
15. Recess in a wall (3)
16. Make warm beforehand (7)
17. Gun fired from shoulder level (5)
21. Frozen spike (6)
22. Kind towards others (8)
23. Tribe (4)
24. Start (9)

DOWN

1. Neat, orderly (9)
2. Easily (2,1,6)
4. Quickly (5)
5. Truthfulness (7)
6. Diesel oil (4)
7. Partly open (4)
11. Hard to do (9)
12. Small rich sponge cake (9)
14. Was seated (3)
15. Inflatable rubber bag (7)
18. Restored from death (5)
19. At or in this place (4)
20. Abominable snowman (4)

ACROSS: 3. Shipshape; 8. Hate; 9. Abnormal; 10. Picnic; 13. Hence; 14. Stamina; 15. Bay; 16. Preheat; 17. Rifle; 18. Madeline; 19. Here; 20. Yet. DOWN: 1. Shipshape; 2. At a canter; 4. Apache; 5. Honesty; 6. Derv; 7. Ajar; 11. Difficulty; 12. Madeline; 13. Hence; 14. Stamina; 15. Bay; 16. Preheat; 17. Rifle; 18. Madeline; 19. Here; 20. Yet.

Sudoku

EASY

		2	7		8	3		
	8	1	4				6	
3				9			8	5
4				2			3	7
		3	9		5	1		
8	1			7				9
6	7			3				4
	9				7	6	5	
		4	5		6	9		

HARD

4		7		2		9		
				7	8			3
6				9		7		
		4					2	
		1	3		6	5		
	6					8		
		9		3				7
1			5	6				
	2		9			4		1

GUIDE

In order to complete Sudoku, readers should fill in each of the grids so that every column, row and 3x3 box within the squares to the left contains the digits 1 to 9. No repetition of digits is allowed within any of the sequences. Why not time yourself and see whether you can beat your best with next week's puzzles?

The Wharf's Sudoku puzzles are supplied by sudoku-puzzles.net
For more free brain teasers including Futoshiki, Nonogram and Samurai, go to the website

TERMS AND CONDITIONS: Astrology calls cost 75p per minute and last approx 4mins. Psychic calls cost £1.50 per minute from BT landlines (other networks may vary). Calls from mobiles may be higher. Psychic lines are open 7am-2am daily. Callers must be 18 or over and have the bill payer's permission. All calls are recorded. Texts cost £1.50 per message and may take two messages. For entertainment purposes only. Customer services 0800 140 9049. PhonePayPlus regulated. SP, Pronto Media, PO Box 199, Selby, YO8 1BP

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Public Notices

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NOTICE OF APPLICATION FOR A
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Notice is given that IBERICA FOOD & CULTURE LTD has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

Premises CABOT SQUARE, LONDON E14 4QQ

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Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place (AH), PO Box 55739, 5 Clove Crescent, London E14 1BY

Website: www.towerhamlets.gov.uk Tel: 020 7364 5008

Representations must be received no later than 17/08/12. The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000).

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Whitlock triumphs in Valley contest

DARTS

AUSTRALIAN Simon Whitlock won the first ever Charlton Masters at The Valley last week.

The "Wizard Of Oz" defeated Englishman James "The Machine" Wade in an exciting final on Thursday night. Whitlock had overcome Mark Webster in the semi-final stage, with Wade beating crowd favourite Raymond van Barneveld.

All four had seen off eight qualifiers to the tournament, which was watched by 400 fans.

Whitlock, who came runner-up to Phil Taylor in May's Premier League Darts tournament, had lost the last match with Wade 8-0 earlier this year.

Before that, however, Whitlock had beaten Wade, the second most successful player in PDC history, six times in a row.

Whitlock took an early two-leg lead at The Valley before Wade pulled level at 2-2. Whitlock proved to be too strong, however, and held his nerve for the title.

Rob Virtue



Simon Whitlock

SWIMMING

Ready to make a splash



MEDAL hopefuls from Great Britain's swimming team, including Rebecca Adlington, Jo Jackson and Liam Tancock, landed at London City Airport on Tuesday.

The squad flew in with British Airways from Edinburgh and posed for photos on the runway after receiving a traditional water salute from the airport emergency services.

Meanwhile, it has been announced that the Queen will visit the airport on Saturday to mark its 25th anniversary. It forms part of a royal tour of east London on the first full day of the Olympic Games.



SPORT IN BRIEF

Charity events

Wharf workers bike to Paris

CYCLING Bradley Wiggins wasn't the only British hero on two wheels in France last week.

Five Citigroup workers raised thousands of pounds for disabled charity Scope after cycling the 280 miles from London to Paris in just 24 hours.

Cyclist Mike Jones, who works in operations project management at the Canary Wharf firm, said: "We had visions of riding through the French countryside in the sun, but that wasn't the case thanks to 12 hours of solid downpour."

The group is hoping to widen the event to include other Wharfers next year.

Go to london2paris24.com for more information

Restaurant gives a £1,000 present

RUGBY Charlton Park Rugby Football team has been given a £1,000 donation by Spur Steak and Grill.

The South African restaurant based at The O2 gave the fund to the club to commemorate Nelson Mandela's 94th birthday last week.

FOOTBALL

Forward to maintain effort levels

NICKY Maynard, pictured, put in a good performance on Saturday in West Ham's 2-1 win over Colchester United and vowed to keep putting in the effort.

The forward netted with a superb volley, opening the Irons' account against their Essex opposition and won the penalty that secured the win when Mark Noble converted from the spot.

He told West Ham TV: "I've been playing wider than I usually do. The gaffer has said it's more than likely we will be playing



this formation so it's good for me to get used to the role.

"That doesn't mean I won't get the chance to play through the middle, but it's another position for me to learn."

The 25-year-old has left these shores for the team's week-long tour to eastern Germany where he trusts hard work and enthusiasm will continue to pay dividends. He also wants to gain a better understanding of his position – and how his colleagues operate.

WEEKEND FLUTTER

WITH THE RACING POST

RACING

■ **Classic Punch** runs in the 2.45pm at Newmarket on Saturday and is around 8-1 with most bookmakers.

The nine-year-old returns to the venue of four of his six wins and is back on a winnable mark and will be suited by the drying ground.

OLYMPICS

■ Bradley Wiggins stole the show at the Tour de France but **Mark Cavendish** can gain Team GB's first cycling gold medal of the 2012 Olympics in Saturday's road race.

The Manx Missile showed his trademark powerhouse sprint finish in Paris on Sunday and he looks a value 11-10 shot to replicate that blistering pace on The Mall.



Mark Cavendish is our hot tip to win Team GB's first cycling gold medal

GETTY

For daily expert advice, top tips and the latest news from our experts go to racingpost.com

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